Check out our website: www.healthdepartment.org
@GRDHD
https://www.facebook.com/GreenRiverDistrictHealthDepartment/

Shout out to the Daviess Clerical Staff! They archived 105 boxes of medical records! Thanks to all those that worked to get them completed so quickly, Thank you. ~ Linda Hughes ~


Dedicating her life to the care and concern for families, she has made a difference in more lives than one can imagine. Thank you Linda for working hard to make Building Stronger Families (BSF) the amazing program it is today. Thank you for being our supervisor, mentor and friend. May you enjoy your retirement and remember to “Be kind to You!” ~Mindy Kennada~

Casey Mathews, Janet Cook and Cindy Sowders take some time out of a busy day to donate blood while the Western Kentucky Regional Blood Center was at GRDHD on January 24th.

Welcome New Employees

Congratulations to Stormy Sowders, Environmental Department, and husband, Hank on the birth of their baby girl!
Elowen Rain Sowders
1.15.2020
8 lbs. 7 oz.
19.5 inches

Gary Hall
Health Educator I
District Office

Jacki DeWitt
Sr. Support Services Associate I
Home Health
Daviess County Health Center
Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. These are called risk factors. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

To learn more: https://bit.ly/2QN7VlT

TUSCANY WHITE BEAN SOUP

YIELD: 4 SERVINGS
PREP TIME: 15 MIN
TIME TO COOK: 35 MIN

INGREDIENTS
1 Tbsp olive oil
1 onion, diced
2 cloves garlic, minced
2 carrots, chopped
1 stalk celery, chopped
1 potato, peeled & diced
(190z) can cannellini beans
32 oz low sodium chicken or veggie broth
1/2 tsp thyme
1/2 tsp Oregano
1 cup kale, stems removed + Chopped fresh
Salt and pepper to taste

PROCEDURE
1. Heat oil in pan. Add onions and cook until softened. Add garlic and cook for 1 min.
2. Add carrots, celery, potato, and broth. Season with thyme, oregano, salt, and pepper. Bring to a boil, then simmer 20 minutes.
3. Add beans and simmer for 5 minutes.
4. Stir in kale for 1-2 minutes or until wilted.
5. Serve and enjoy!

Incorporating meatless recipes into your dinner rotation is an easy way to increase vegetable and fiber consumption, stretch your budget, and reduce environmental impact!

This heart month, challenge yourself to give meatless recipes a try once a week.

TIME TO SCALE BACK

Portion sizes have been growing, so have we. Burgess today are three times bigger than they were in the 1950s, and men are, on average, 20 pounds heavier. At this rate, imagine the size of a burger is 2006. Let's work together to make healthy living easier.

Scale back when eating out by entering the smaller portions, sharing with a friend, or eating half and taking the rest with you. And, ask the restaurant manager to offer smaller-sized options.

NATIONAL DONOR DAY
FEBRUARY 14

Register as an organ, eye, and tissue donor.

Share this and share life.

cdc.gov/foodsafety

CHECK INSPECTION SCORES

Four Tips to Prevent Food Poisoning

1. MAKE SURE THE RESTAURANT IS CLEAN

2. CHECK THAT YOUR FOOD IS COOKED THOROUGHLY

3. PROPERLY HANDLE YOUR LEFTOVERS

4. Time to Scale Back
When possible, please send tech support requests via email to: support@grdhd.org. This will allow for a faster response to your issue if either Kyle or David are out of office.

Other support emails are as follows: receptionist@grdhd.org, purchasing@grdhd.org, maintenance@grdhd.org, hr@grdhd.org, finance@grdhd.org.
Average Body Temperature Has Fallen Over Last 150 Years

Forget about the old touchstone of health—a thermometer reading of 98.6°F. After study over more than 650,000 temperature measurements taken during the past century and a half, according to a study published in the journal eLife, has concluded that the average normal body temperature has dropped almost a full degree to 97.9°F. Researchers analyzed three sets of body temperature data collected in the U.S. during three distinct historical periods spanning 157 years. One of the datasets was amassed from the service, medical and pension records of Union Army veterans of the Civil War, spanning the years 1862 through 1930 which included people born in the early 1800s. The second dataset came from adult men and women who participated in the U.S. National Health and Nutrition Examination Survey (NHANES) between 1971 and 1975. It included individuals born as early as 1890. The third dataset was collected from adult patients visiting Stanford Health Care from 2007-2017. Within 677,423 temperature readings fro these three datasets, they found that the body temperatures of men born at the turn of the 21st century averaged 1.06°F lower than those born 200 years earlier in the 1800s. The average temperature of women born around the turn of the 21st century was 0.58°F lower that of women born 100 years earlier. Overall, the analysis uncovered a drop of 0.05°F in average body temperature per decade.

To make sure those were real changes, the researchers examined the temperature trend within each historical group—temperature were taken with similar type thermometers, evidence that the study’s findings cannot be explained by faulty thermometers. For more information: https://bit.ly/2QWAddL